

THE HUMAN ECOLOGY FOUNDATION OF CANADA  
OTTAWA BRANCH

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MESSAGE FROM THE PRESIDENT - DECEMBER 1981

Season's Greetings!

We were fortunate to have Dr. John G. MacLennan as guest speaker at our December 3rd General Meeting. From 7 to 8 p.m. Dr. MacLennan reviewed with members the proper method of managing their conditions and responded to numerous individual questions.

A silver tray was presented to Dr. MacLennan, inscribed as follows:

"Presented to Dr. John G. MacLennan  
For his love, dedication and support.  
Ottawa Branch  
Human Ecology Foundation of Canada  
December 3, 1981."

Dr. MacLennan then spoke on how environmental influences affect our health. Tapes of his presentation will soon be available. We had an excellent turnout -- 127--for the meeting. While in Ottawa Dr. MacLennan appeared on the "CBO Morning Show", "CJOH Morning Magazine" and "CHRO Presents".

I have just received a letter from Dr. MacLennan expressing his "deep gratitude and appreciation to the members of the Ottawa Branch of the Foundation for the generous and beautiful gift. It is truly a most magnificent silver tray, with an inscription which will stimulate me to strive for greater contributions to society in the future. I will also treasure the special association that has always existed between myself and all the members of the Ottawa Branch".

Dr. MacLennan enclosed a donation "towards the continued outreach activities of your members. I am very pleased to observe the enthusiastic participation of so many members in helping needy members of society to achieve a lifestyle which will provide them with good health."

For the benefit of new members - Nora Muise gave an excellent talk on the rotary diversified diet at our April meeting. Tapes of her talk are in the Library (226-6443) for loan, and also with Maxine Cohrs (224-0467) for purchase.

We have lost the services of an excellent volunteer. Paulette Frenken, for the past five years, has tirelessly given her time to typing, duplicating, collating and mailing our newsletters. Her shoes will be hard to fill. On behalf of our Executive and Members, Paulette, thank you. Good luck to both you and Hubert.

Because we have the most volunteers of any branch, we are able to provide a better service to our members. I would like to thank the following for their help during the last couple of months: Mary Vulysteke and her son John, Fairlee McGrath, Marion Eadie, Lee Gilmore, Bev McCulloch, Claire Boudreau, Marjorie Wellar, Joyce Mulvihill, and Adrienne Duff. Your help is greatly appreciated.

## President's Message (Continued)

The following now constitutes our revised and enlarged Welcome Kit:

- last newsletter
- welcome letter
- list of the Executive
- Relationship of Human Ecology to Chronic Human Disease - by Dr. MacLennan
- General Instructions - Environment
- General Instructions - Foods
- Fungus or Mold Allergy - by Paul Cutler, M.D.
- Four-Day Rotary Diversified Diet
- Transcript of Dr. Pilar's Tape
- Memo to members re Food Sources 1981
- \* Library List
- \* List of Foods which May Contain Corn or Corn Products.

If you have not received the complete kit, please write to the H.E.F. Nepean address requesting the item(s) you lack, and we will send them to you.

\*The last two items are enclosed.

I want to thank Claire Boudreau for advising us that she has found a satisfactory source of bread - Trillium Bakery, Home of David's Bread, 209 Belmont Ave., Ottawa (235-1316). Gluten-free and Sourdough bread is available. Rice, potato and barley flour is used. You must request the bread one or two days in advance and order at least six loaves at a time. (Claire freezes the extra loaves).

We have received a good number of completed surveys. The quality of the returned surveys shows the members' interest in their Foundation. The surveys will be analysed and results will be published in the next newsletter (March 1982). Would those who have not yet completed their surveys please take 10 minutes to fill them out and send in now, before the increase in postage rates.

From browsing through the survey returns it is apparent that a number of members are not familiar with our library, nor with our wild game service. Please refer to the enclosed library list for information. For those who cannot visit the library, Kathy Nihei (226-6443) will send books out to them, but members must pay the postage. Would the member who borrowed the booklet "Common Sense for the Sensitive" please return it as others have requested it.

For information on wild game please call Joyce Mulvihill (832-2847). Remember, you will not be able to pick up your wild game the same day you call. Also, Joyce advises that there is bear meat available at present.

Would members who work in government buildings, large offices or factories, school boards, schools, hospitals, etc., please call me (224-3774) evenings, or send your name, phone number and place of work to the Foundation, Nepean address. We are trying to get better publicity for our meetings.

I wish to remind members that donations to the Foundation are tax deductible. Donations can help the Foundation fulfill its objectives and

President's Message (continued)

help members repay what they have received from the Foundation by helping others. In order to fulfill our aim of "providing information", "encouraging physicians to become involved" and "educating others" we are planning to invite Doris Rapp, M.D., a well-known author and clinical ecologist from Buffalo, New York, to a General Meeting with members and an afternoon meeting with doctors to promote the benefits of clinical ecology. Remember, if you send your donation before December 31st it can be used for income tax purposes for the 1981 tax year.

Finally, I would like to draw your attention to the enclosed letter regarding "legislation.....to compel the use of Sodium Borax as a flame retardant in the manufacture of bed mattresses". If this legislation is passed, sensitive people who use a product such as the futon (a mattress free of all synthetics and chemicals) would be left without an alternative mattress. Four copies of this letter are enclosed. I urge you to read it carefully and seriously consider addressing and sending a copy to the following:

The Hon. Andre Ouellet, M.P.  
Minister of Consumer & Corporate Affairs  
House of Commons,  
Ottawa. K1A 0A6

The Hon. Monique Begin, M.P.  
Minister of Health & Welfare Canada  
House of Commons.  
Ottawa. K1A 0A6

The Rt. Hon. Joseph Clark, M.P.  
Leader of the Opposition,  
House of Commons,  
Ottawa. K1A 0A6

The Hon. Edward Broadbent, M.P.  
Leader of the New Democratic Party,  
House of Commons,  
Ottawa. K1A 0A6

Please write the M.P.'s name, position and address at the top of the letter before sending it. You may wish to send a copy to a different M.P.--for example, your own member of parliament. Please sign the letter and add your own address since the M.P. must reply. Also remember that no stamp is required on letters sent to the House of Commons. Thank you.

I would like to take this opportunity, on behalf of the Executive, to wish members and their families a Happy and Healthy New Year.

J.Neil FitzPatrick  
President,  
H.E.F. (Ottawa)